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For exchange of information
on nutrition programs
and activities

NUTRITION

PROGRAM NEWS

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

SEPTEMBER-OCTOBER, 1963

WORLD FOOD CONGRESS, JUNE 4-18—WASHINGTON, D. C.

The World Food Congress of the Freedom from Hunger Campaign of the Food and Agriculture Organization of the United Nations (FAO) was held June 4-18, 1963.

More than 1,000 persons from more than 100 countries were invited to attend this "people to people" conference. A count made during the Congress revealed that approximately 1,200 individuals were actively participating. Many points of view were represented—industry, scientific and professional organizations, churches, women's groups, international organizations, and the like.

The purpose was to focus attention, first, on the problems of hunger and malnutrition at the mid-point of the worldwide Freedom from Hunger Campaign of FAO and, second, on how to provide enough food for the rapidly increasing population. The Congress also commemorated the 20th anniversary of the founding of FAO, which took place at Hot Springs, Va., in 1943.

Structure of the Meetings

U. S. Secretary of Agriculture, Orville Freeman, was chairman of the Congress and presided at plenary sessions. He was assisted by the First Lady of Mexico, Madam Mateos, as vice chairman.

Seven major addresses giving background information on broad phases of the problem were delivered by outstanding authorities. Noteworthy examples were: A. J. Toynbee, historian, United Kingdom, "Man and Hunger Perspectives in History," K. G. Myrdal, economist, Sweden, "Food for Increasing Millions," and C. G. King, biochemist, United States, "The Challenge of Malnutrition."

At other sessions, five commissions—Technical (including a sub-commission on nutrition), Economic and Social, Education and Research, Peoples' Involvement and Group Action, and Mass Media—met simultaneously and considered the problems of hunger and malnutrition and how to tackle them. At these meetings, a person from a developing country and one from a developed nation discussed the topic of the day, after which there was free discussion. Questions were raised, and answers suggested, all of which provided a maximum exchange of ideas and information.

WE HAVE A NEW NAME!

In recent years, we have described the programs and activities of many groups working in communities to help people of all ages achieve desirable levels of health through good nutrition. Although many of these groups are not members of nutrition committees, they have made a real contribution to the information we have been able to publish.

We believe "Nutrition Program News" more accurately reflects the content of the material we present and we are pleased to announce the change has been officially authorized.

General Recommendations

As the meetings progressed and the complexity of the program became apparent, some general principles for eradicating hunger and malnutrition in developing countries emerged.

1. Plans of action for developing countries should be directed toward "self-help"—*the job is theirs to do*. These countries will need technical and educational guidance, funds, and, in many instances, food, until leaders can be trained, the economy stabilized, and enough food for the people produced or purchased.

2. The available research findings in the many areas involved should be applied to the solution of problems of population control, hunger, and malnutrition. Often problems in other areas of living will need attention before solutions to the problems of adequate nutrition can be expected. These include economics, health and sanitation, education, and government administration.

3. No one group can accomplish the job alone—it must be a coordinated, cooperative enterprise if hunger is to be eradicated and desirable levels of nutritional health achieved. Work in the many areas, from the policy to the operational level, must be planned so all interested groups are moving forward simultaneously.

4. Many workers are needed to carry on such a co-

operative plan. Some need to be highly trained specialists in each area of work. Many more can contribute effectively to the overall project with much less technical training. Ultimately, local leadership at both the specialist and intermediate levels should be developed.

Although a declaration was made at the close of the Congress which set forth the problems and indicated directions future programs might take, no agreements for action were voted upon by the group nor was any effort made to commit individual participants to specific objectives. The success of the Congress will be measured in years to come by the results of voluntary action taken by individual participants within their own spheres of influence.

Many Similar Problems in U. S.

This Congress should be of more than passing interest to U. S. nutritionists and workers in allied professions. We recognize that the objectives of nutrition programs for developed countries, such as the United States, are largely in terms of wise food selection, while those for developing countries need to be toward making enough food available—that people will eat—to meet nutritional needs. However, both are concerned with helping people take advantage of the findings of research and many of the same problems appear in both.

Ideas explored for planning and conducting good programs of applied nutrition in developing countries have been tried in some of our communities and found promising. For example, some nutrition programs designed to help families, particularly low-income families, achieve desirable levels of health through good nutrition have been planned around these ideas.

Nutritionists generally agree that it is vital to help our people learn to select food combinations that will meet their nutritional needs and that they will enjoy. Such knowledge and the ability to use it also seems to have a good potential for keeping to a minimum the use of unnecessary and expensive food products and supplements.

Most workers also agree that the best programs are based on sound research in nutrition and other family living areas. Anthropological research on families of many cultures has been the basis for improved programs tailored to cultural eating patterns of families needing nutritional guidance.

Many workers, particularly in school nutrition programs, are becoming convinced that it is necessary to teach parents and children concurrently if effective programs are to result. Furthermore, ongoing, sequential programs have not resulted unless the policy makers, the administrators, and all others concerned have worked together, each making the contribution for which he is best fitted.

One of our immediate concerns in the development and administration of applied programs has been the limited nutrition background of elementary school teachers, nurses,

social workers and others in allied professions. We recognize the important contribution these intermediate groups can make to nutrition programs without becoming specialists. We, too, must give our attention to extending the background in nutrition and/or educational approaches of workers who can function effectively at this intermediate level.

In Conclusion

Some nutritionists have been concerned about how our programs might be extended to promote understanding and support of world nutrition programs. Perhaps we can help our citizens understand that people are essentially the same the world over and simply making food available—often completely unfamiliar food—is no assurance that it will be eaten in sufficient amounts to provide adequate diets. Human emotional and psychological needs must be taken into account and some means provided for promoting acceptance of new and different foods. Our people need to know more about (1) the people and family life in developing countries and (2) the many food programs and the reasons for them—FAO, WHO, UNICEF, UNESCO, and the U. S. Food for Peace and AID programs. With this knowledge, individuals can make decisions based on facts concerning support of such programs either personally—with funds or time—or through their elected officials.

INTERAGENCY COMMITTEE ON NUTRITION EDUCATION (ICNE)

Agencies and Their Representatives 1963-64

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

Food and Drug Administration:

Division of Nutrition—Eugene H. Stevenson
Chairman, ICNE

Division of Public Information—Wallace Janssen.

Children's Bureau:

Division of Health Services—Mary C. Egan, Mrs.
Helen Hille.

Office of Education:

Division of Elementary and Secondary Education,
Instructional Programs Branch—Elsa Schneider, Dr.
Helen Mackintosh.

Division of Vocational and Technical Education,
Home Economics Education Branch—Dr. Alberta Hill,
Dr. Margaret Alexander.

Public Health Service:

Bureau of State Services, Division of Chronic Diseases
—Mildred Kaufman, Olive Hayes

Bureau of Medical Services, Division of Indian Health
—Helen Ger Olson, Dr. Bertlyn Bosley.

DR. STIEBELING RETIRES—

DR. LEVERTON ASSUMES LEADERSHIP

After 33 years of devoted service to the U. S. Department of Agriculture, Dr. Hazel K. Stiebeling, Deputy Administrator, Agricultural Research Service, retired on June 30. She is responsible for many significant and lasting contributions in the science of human nutrition and to the well-being of people in all parts of the world. She has received national and international recognition for her achievements. Dr. Stiebeling will make Washington her headquarters and her colleagues here are looking forward to her continued participation in professional activities.

Dr. Ruth Leverton, who has been assistant administrator, will now have chief responsibility for the divisions concerned with home economics research—human nutrition, clothing and housing, and consumer and food economics.

DEPARTMENT OF AGRICULTURE

Agricultural Marketing Service:

Food Distribution Division, School Lunch Branch—Mrs. Bertha F. Olsen, Mary Ann Moss, Henry Rodriguez.

Agricultural Research Service:

Consumer and Food Economics Research Division—Dr. Mary M. Hill, Dr. Louise Page.

Federal Extension Service:

Division of Home Economics Programs—Dr. Evelyn B. Spindler.

Division of Extension, Research and Training, Foreign Educational Branch—Helen A. Strow.

Foreign Agricultural Service:

Foreign Training Division—Mrs. Ruth E. Silkett, Gertrude Drinker.

DEPARTMENT OF INTERIOR

Bureau of Commercial Fisheries—Mrs. Rose G. Kerr, Vice Chairman, ICNE; Mrs. Beverly M. Barton.

AGENCY FOR INTERNATIONAL DEVELOPMENT

Bureau for Near East and South Asia, Institutional Development Division, Agriculture Branch—Dr. Katherine Holtzclaw.

AMERICAN NATIONAL RED CROSS

Dorothy L. Bovee, Mrs. Kester L. Hastings.

FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

North American Regional Office:

Mrs. Laurel D. Bocobo, Liaison Representative, ICNE.

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS

Federal-State Relations:

Simon A. McNeely, Observer, ICNE.

SECRETARY OF ICNE—Mrs. Margaret M. Morris, Consumer and Food Economics Research, USDA.

Chairmen of Active State Nutrition Committees

California—Charles E. DuBois, Departmental Food Administrator, State Department of Corrections, 502 State Office Building, No. 1, Sacramento 14.

Colorado—Dr. Fern Bowman, Colorado State University, Fort Collins.

Connecticut—Mrs. Jeannette W. Sturmer, State Welfare Department, State Office Building, Hartford 3.

Georgia—Lucile Higginbotham, Head, Extension Health Department, University of Georgia, Athens.

Illinois, State—Mrs. Margaret I. Morris, Director, Dairy Council of the Quad-Cities, 504 Rock Island Bank and Trust Building, Rock Island.

Illinois, Chicago (Chicago Nutrition Association)—Mrs. Bertha Bishov, President, Chicago Nutrition Association, 2549 63rd Street, Chicago 29.

Indiana—Mary Beeman, 212 North College, Muncie.

Kansas—Conie C. Foote, Director, Nutrition Section, Kansas State Board of Health, Topeka.

Maine—Mrs. Gene M. West, Nutrition Specialist, Co-operative Extension Service, University of Maine, Orono.

Massachusetts—(subcommittee of the Central Health Council) Dorothea Nicoll—Acting Chairman—Chief, Nutrition Supervisor, State Department of Public Health, State House, Boston 33.

Minnesota—Eileen Reardon, Minnesota Health Department, University Campus, Minneapolis 14.

Mississippi—Dr. Ben Butler Johnson, Assistant Professor of Medicine, University of Mississippi, Medical Center, Jackson.

Montana—Agnes S. Woodson, Supervisor School Lunch Program, Great Falls Public Schools, 1100 Fourth Street, South, Great Falls.

New Hampshire—Dorothy Kingsbury, Head, Home Economics Department, Teachers College, Keene.

New Jersey—Dr. Miriam Brush, Douglas College, Rutgers University, New Brunswick.

New Mexico—Mildred Latini, Executive Director, Dairy Council of Northern New Mexico, 302 San Mateo Boulevard, N.E., Albuquerque.

New York, State—Carolyn Parsons, General Field Consultant, New York State Committee on Tuberculosis and Public Health and New York State Heart Assembly, Chatham Center.

New York, City (Food and Nutrition Council of Greater New York)—Dr. Seymour L. Halpern, Clinical Associate in Medicine, New York Medical College, 146

- Central Park West, New York 23. Dr. Clara M. Taylor, Chairman, Planning Board, Teachers College, Columbia University, New York 27.
- Ohio—Dr. Eva D. Wilson, Associate Chairman, Home Economics, Ohio Agricultural Experiment Station, Ohio State University, Columbus 10.
- Oklahoma—Dr. Helen Barbour, Assistant Dean of Home Economics, Oklahoma State University, Stillwater.
- Rhode Island—Mrs. Mildred L. Hatton, State Department of Health, Kent County Hospital, Warwick.
- South Carolina—Janie McDill (Cochairman) Due West, S. C. Dr. Hilla Sheriff (Cochairman) Director, Maternal and Child Health Division, State Board of Health, Columbia 1.
- Texas—Dr. Helen Campbell, Senior Nutrition Consultant, Chronic Disease Division, State Department of Health, Austin.
- Utah—Dr. Sadie O. Morris, College of Family Living, Brigham Young University, Provo.
- Vermont—Dr. Merton Lamden, College of Medicine, University of Vermont, Burlington.
- Virginia (Subcommittee of the Virginia Council of Health and Medical Care)—Kathryn E. Smith, Director, Dining Services, Reynolds Metal Company, 6601 West Broad Street, Richmond.
- Washington—Dr. Velma Phillips, Dean, College of Home Economics, State College of Washington, Pullman.
- West Virginia—Elizabeth Williams, Monongahela Power Company, Fairmont.
- Puerto Rico—Marta Coll, Food Distribution Division, Agricultural Marketing Service, USDA, P. O. Box 8037, Santurce.

MATERIALS

Listing of these materials is for the information of the reader and does not necessarily mean recommendation. Materials or information concerning materials may be obtained from the address given. Symbols refer to—

GPO—Superintendent of Documents, Government Printing Office, Washington 25, D. C.

INF—Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Nutrition

Facts about nutrition. 1963, 25 pp. Public Health Service Publication No. 917. U. S. Department of Health, Education and Welfare. GPO 15¢.

Applied Nutrition

Nutrition in action. Ethel Austin Martin. 1963, 298

NATIONAL SCHOOL LUNCH WEEK,

OCTOBER 13-19, 1963

In recognition of the National School Lunch Program and its contribution to the total well-being of schoolchildren, the 1962 Congress asked the President to proclaim an annual National School Lunch Week, the first to be observed October 13-19, 1963.

This will provide an excellent opportunity to acquaint parents and other community members with the school feeding services in local schools, particularly those participating in the national program. Possible areas for emphasis are (1) the nutritional benefits to children, (2) the economic benefits to the community and farmers as boys and girls have an opportunity to develop an appreciation and a taste for the variety of food products available in the U.S.

All over the country State and local school systems are planning suitable activities such as (1) visits to lunchrooms for parents and community leaders, (2) essays and posters prepared by students, and (3) use of the mass media to publicize local school lunch programs.

pp. Holt, Rinehart, and Winston, Inc., 383 Madison Avenue, New York 17, New York. \$5.

Nutrition education in action. Ethel Austin Martin. 1963, 135 pp. Holt, Rinehart, and Winston, Inc., 383 Madison Avenue, New York 17, New York. \$3.95.

Conserving the nutritive values in foods. G-90. 1963, 16 pp. Single copy free INF. GPO 10¢.

Food for the young couple. G-85. 1962, 16 pp. Single copy free INF. GPO 10¢.

Health Education

Prenatal care. 1962, 92 pp. Children's Bureau Publication #4. Department Health, Education, and Welfare. GPO 20¢.

Your baby's first year. 1962, 20 pp. Children's Bureau Publication #400. Department Health, Education, and Welfare. GPO 15¢.

Management

Helping families manage their finances. 1963, 62 pp. Home Economics Research Report #21. Consumer and Food Economics Research Division. USDA. Single copy free INF. GPO 40¢.